



Go for 2&5[®]
FRUIT VEG

It's Easy with Autumn Fruit and Veg!

SIX DELICIOUS QUICK AND EASY RECIPES





Eating a wide variety of foods, together with an active lifestyle, is the key to good health. Most people know that fruit and vegetables are good for you.

The fact is, eating more fruit and vegies may be the single most important dietary change needed to improve health and reduce the risk of disease.

South Australian adults eat on average 1½ serves of fruit and 2½ serves of vegetables each day – we need 2 serves of fruit and 5 serves of vegies **...so we are already halfway there!**

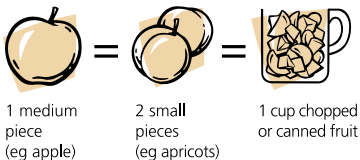
It's easy to find a way to get some extra fruit and vegies in your day this Autumn. Use the six quick and easy recipes in this booklet, with the lists of Autumn fruit and veg to help you along the way.

For more tasty recipes you can also check out www.gofor2and5.com.au

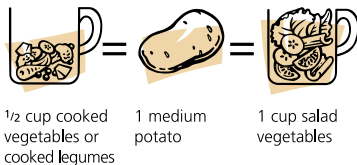
Remember to Go for 2&5® and happy eating!

What's a serve?

One serve of FRUIT is 150 grams of fresh fruit or:




One serve of VEGETABLES is 75 grams or:




Abbreviations

ml = millilitre (s)

g = gram (s)

 = time

 = fruit and vegie serves per recipe

It's easy to Go for 2&5® everyday!

What's in Season?

Autumn Fruit and Veg


March - May

Fruit	Mar	Apr	May
Apples (Golden Delicious, Granny Smith, Hi Early, Jonathan, Jonagold, Red Delicious)			
Bananas			
Blackberries			
Blueberries			
Mulberries			
Raspberries			
Strawberries			
Custard Apples			
Dates			
Figs			
Grapes			
Grapefruit			
Guavas			
Honey Dew			
Kiwifruit			
Lemons			
Limes			
Nashis			
Oranges (Valencia)			
Pawpaw			
Papaya			
Passionfruit			
Pears (Buerre Bosc, Corella, Duchess, Josephine, Lemon Bergamot, Packham, Red Anjou, Paradise, Winter Nellis)			
Pineapple			
Pomegranates			
Rhubarb			
Rockmelon			
Starfruit			
Watermelon			
Key			
Heavy supply (SA Grown)	Available (SA Grown)	Heavy supply (Aust Grown)	Available (Aust Grown)

Vegetables	Mar	Apr	May
Artichokes (Globe, Jerusalem)			
Avocado (Hass, Greenskin)			
Beans (Green, Butter)			
Beetroot			
Bok Choy			
Broccoli			
Broccolini			
Brussels Sprouts			
Cabbage (Common, Chinese)			
Capsicums (Gold, Green, Purple, Red)			
Carrots			
Cauliflowers			
Celeriac			
Celery			
Chokos			
Cucumbers			
Eggplant			
Fennel			
Horseradish			
Leeks			
Lettuce			
Marrow			
Mushrooms			
Okra			
Onions (Brown, Red, White)			
Parsnips			
Peas (Green, Snow, Sugarsnap)			
Potatoes (Bison, Coliban, Desiree, Gourmet)			
Pumpkins (Blue, Butternut, Golden Nugget, Jarradale, Jap)			
Radish			
Salsify			
Shallot Bulbs			
Shallots			
Silverbeet			
Spinach			
Squash			
Swedes			
Sweet Corn			
Sweet Potatoes			
Tomatoes			
Turnips			
Witlof			
Zucchini			
Key			
Heavy supply (SA Grown)	Available (SA Grown)	Heavy supply (Aust Grown)	Available (Aust Grown)

Warm Roasted Vegetable Salad

Serves 4.

 10 minutes
preparation

 15



Ingredients:

300g butternut pumpkin,
peeled and chopped
into 2cm cubes

2 potatoes, peeled and
chopped into 2cm cubes

1 capsicum, seeded and
cut into large pieces

1 onion, chopped into
eighths

100g flat mushrooms,
quartered

Olive or canola oil spray

1 bunch English spinach
leaves, washed and
drained

Dressing:

1 tablespoon balsamic
vinegar

1 teaspoon olive oil

1 tablespoon honey

1 tablespoon fresh basil,
chopped

Method: Preheat oven to 220°C. Line a large baking tray with baking paper. Place pumpkin and potato in a microwave dish with a little water, cover with cling film and cook in microwave on HIGH (100%) for 4 minutes. Toss pumpkin, potato, capsicum, onion and mushrooms together then spread in a single layer over tray. Lightly spray with oil. Bake for 30-40 minutes, turning after 15 minutes. Mix dressing ingredients in a small bowl. When vegetables are cooked, pour over dressing. Line serving dish with spinach leaves and pile roast vegetables on top. Serve immediately.

Vegetable Frittata

Serves 4.

⌚ 5 minutes
preparation +
10-15 minutes
cooking



19



Ingredients:

1 teaspoon
vegetable oil
1 medium onion, sliced
500g sweet potato,
peeled and sliced thinly
 $\frac{1}{4}$ cup water
1 cup sweet corn
kernels, cooked or
440g can, drained
2 cups broccoli, cut
into florets
60g reduced-fat
cheddar cheese,
grated or 30g
Parmesan, grated
6 eggs
125mL ($\frac{1}{2}$ cup)
skim milk

Method: Preheat oven to 190°C. Use oil to grease a 20cm square baking tin. Combine onion, sweet potato and water in a large microwave-safe bowl, cover with cling film and microwave on High for 3 minutes. Add broccoli and microwave on High for a further 2 minutes. Layer the baking dish with half the sweet potato, top with corn, broccoli, onion and remaining sweet potato. Whisk eggs, milk, and black pepper. Pour over the vegetables. Top with grated cheese. Bake in a moderate oven for 30 minutes or until firm in the centre. Add cracked black pepper to taste.

Variation: Substitute with 5 cups of any cooked vegies, and potato can replace sweet potato.

The Five in Five Stir-fry

Serves 4.

⌚ 20 minutes
preparation + 10
minutes cooking




Ingredients:

- 2 cups uncooked rice
- 1 teaspoon vegetable oil
- 250g chicken breast (skin removed), cut into strips
- 1-2 cloves of garlic, crushed
- 1 medium onion, chopped
- 2 medium carrots, sliced thinly
- 1 stick celery, sliced
- 1 red capsicum, sliced
- 125g snow peas, trim ends and strings
- 1 bunch bok choy or 1 cup of cabbage, roughly chopped
- 2 teaspoons cornflour
- 2 tablespoons reduced salt soy sauce
- $\frac{1}{2}$ cup chicken stock
- 1 tablespoon sweet chilli sauce

Method: Cook rice following directions on packet. Whilst rice is cooking, heat oil in a wok or large pan. Stir-fry chicken until almost cooked (3 to 4 minutes). Remove chicken and set aside. Cook garlic, onion, carrot, celery and capsicum for 2 minutes. Add chicken, snow peas and bok choy and cook for a further 2 minutes. In a small bowl mix cornflour and soy sauce to a smooth paste then stir in stock and chilli sauce. Pour sauce mixture into stir fry and heat through. Serve over rice.

Variation: Use lean pork loin instead of chicken. Try noodles instead of rice.

Serves 4.

 20 minutes
preparation + 15
minutes cooking

 15

Ingredients:

2 cups uncooked rice
2 teaspoons vegetable oil
400g lean blade steak,
sliced into strips
2 medium onions, sliced
3 teaspoons red curry
paste
1/2 cup chicken stock
500g pumpkin,
finely diced
2 red capsicums, sliced
Grated rind of 1 lemon
250mL low-fat
coconut milk
1 bunch spinach leaves,
washed and roughly
chopped




Red Beef Curry

Method: Cook rice following directions on packet. Heat half the oil in a large pan. Pan-fry the beef for 5 minutes until brown. Set aside. Heat remaining oil and pan-fry onion until tender. Stir through the curry paste, stock, beef, pumpkin, capsicum and lemon. Simmer for 10 minutes until pumpkin is soft, adding a little water if necessary. Pour in coconut milk. Stir through spinach and cook until wilted but do not boil. Serve over rice.

Variation: To reduce fat content, substitute one tin of light evaporated milk and one teaspoon of coconut essence for coconut milk.

Melon and Kiwi Fruit Parfait

Serves 4.

 10 minutes
preparation

 3

Ingredients:

1 cup rockmelon, cubed
3 kiwi fruit, peeled and
cut into wedges
(about 1 cup)
400g low-fat
vanilla yogurt
4 tablespoons
toasted muesli

Method:

Layer fruit, yoghurt and
muesli in 4 tall glasses.

Variation:

Try making with fresh
fruit in season.



Serves 6.



15 minutes
preparation



7

Autumn Fresh Fruit Salad

Ingredients:

2 cups melon, peeled and chopped (watermelon, rockmelon or honeydew melon)

1 banana, peeled and sliced

1/2 pineapple, cored and cubed

1 kiwi fruit, peeled and cubed

Pulp of 3 passionfruit

Juice of 2 oranges



Method: Combine all fruit in a large serving bowl. Stir through passionfruit and pour over juice and mix. Serve immediately.

Hint: Make sure orange juice is poured over fruits that discolour quickly, eg: bananas, pears and apples.

Variation: All fruits can be used in this salad. For different times of the year, choose local, in season fruit.



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An Australian Government, State and Territory health initiative.

For more information visit:

www.gofor2and5.com.au



Government of South Australia
Department of Health

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